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THAT'S THE WAY LOVE GOES

Janet Jackson and husband split among rumors of his 'Control' issues. 18

Seder with a touch of whimsy. 6

Family Feud comes to Trump's America. 8

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TILLERSON BLAMES RUSSIAN INACTION

1 U.S. Secretary of State Rex Tillerson blamed Russia's inaction for helping fuel a deadly poison gas attack against Syrian civilians last week, saying Moscow failed to carry out a 2013 agreement to secure and destroy chemical weapons in Syria. "I think the real failure here has been Russia's failure to live up to its commitments under the chemical weapons agreements that were entered into in 2013,"

Tillerson said on ABC's "This Week." "The failure related to the recent strike and the recent terrible chemical weapons attack in large measure is a failure on Russia's part to achieve its commitment to the international community," he added. Tillerson is expected in Moscow this week for talks with Russian officials. REUTERS

COMPUTER HACK SETS OFF 156 SIRENS IN DALLAS

2 A computer hack set off all the emergency sirens in Dallas for about 90 minutes overnight in one of the largest known breaches of a siren warning system, officials in the Texas city said. Dallas' 156 sirens, normally used to warn of tornadoes and other dangerous weather, were triggered at 11:42 p.m. CDT on Friday. The wailing did not end until 1:17 a.m. CDT on Saturday when engineers manually shut down the sirens' radio system and repeaters, city Emergency Management Director Rocky Vaz said. "At this point, we can tell you with a good deal of confidence that this was somebody outside of our system that got in there and activated our sirens," he told reporters. The breach was believed to have originated in the area, city spokeswoman Sana Syed said in an emailed statement. REUTERS

MCFARLAND MAY BECOME ENVOY TO SINGAPORE

3 President Donald Trump's deputy national security adviser, K.T. McFarland, is expected to step down and has been offered the position of U.S. ambassador to Singapore, a U.S. official said on Sunday. The move will be seen as a victory for Trump's national security adviser, H.R. McMaster, who is retooling the national security team he inherited from retired Lieutenant General Michael

Flynn, who resigned as Trump's first national security adviser in February. McFarland, 65, is a former national security analyst for Fox News and was one of Trump's original hires after he won the presidential election on Nov. 8. REUTERS

EGYPT CHURCH BOMBING

4 A general view shows forensics collecting evidence at the site of a bomb blast which struck worshippers gathering to celebrate Palm Sunday at the Mar Girgis Coptic Church in the Nile Delta City of Tanta, 75 miles north of Cairo. For more on the bombing, see pages 12-13. GETTY IMAGES

SECOND VICTIM DIES IN FLORIDA GYM SHOOTING

5 A second victim has died after a disgruntled fitness instructor opened fire on his former coworkers inside an upscale gym outside Miami before shooting himself, police said on Sunday. Fitness manager Marios Hortis, 42, died while being treated for injuries he sustained in the Saturday shooting at Equinox Fitness in Coral Gables, Miami-Dade County police said in a statement. The gym's general manager, Janine Ackerman, 35, was also killed. The accused assailant, 33-year-old Abeku Wilson, was pronounced dead inside the gym, police said. The attack happened after Wilson was dismissed on Saturday from his job at the fitness center for "workplace violence" and escorted off the property, police said. Wilson returned with a handgun just before 1 p.m. and fired multiple rounds at Ackerman and Hortis. REUTERS

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MATTHEW BURKE, SPORTS EDITOR
Two hip-hop artists are banned from all Norwegian Cruise Line ships because someone decided to be a party pooper during a party cruise hosted by New England Patriots star Rob Gronkowski. Get all the steamy details at Crunch Time at **metro.us.**

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Did You Know?

Dram Shop laws hold servers of alcoholic beverages legally responsible for harm that visibly intoxicated patrons cause to others. State liquor liability laws can apply not only to bars, liquor stores and restaurants, but also to social clubs and private events where liquor is served. The laws also include selling liquor without a license, selling liquor after hours and selling liquor to minors.

If a person is served alcoholic beverages while visibly intoxicated, and then gets into an accident injuring someone while driving drunk, the owner of the serving establishment can be held responsible in addition to the drunk driver.

Dram Shop lawsuits aren't limited to auto accidents — if a bar serves a visibly intoxicated person who then starts a fistfight and seriously injures another patron, that patron could sue the bar under the dram shop law.

In order to successfully sue under the dram shop law, you must be able to prove:

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New breed of blind engineers develop technology to help sightless individuals

"It's never been a better time to be blind," says a blind engineer at the SAS Institute.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

Siri, what was life like for the blind before you?

Apple Inc.'s virtual assistant might not have an answer for that question, but Ed Summers does.

"It's radically different than it was 15, even just 10 years ago," said Summers, the manager of accessibility and applied assistive technology at the SAS Institute, who became blind at the age of 30.

Summers is among a growing number of blind developers who are providing the experiential insight for creating technology for the blind. And the inclusion of disabled developers in the field is something of a metaphor for the inclusiveness new tech provides the disabled population.

"Now I don't have to pay the disability tax," he said, referring to not only the high cost of the devices used by blind people, but to the alienation of being unable to readily collaborate and share information with sighted people.

"It's never been a better time to be blind," he said.

Not long ago, technology for the blind consisted of bulky and expensive instruments: braille typewriters, braille compasses and currency identifiers.

"We had specialized devices and they were a huge step forward, but not necessarily compatible with other people's devices," Summers said.

For instance, JAWS (Job Access With Speech) released in 1995, was the first screen reading software that allowed the blind to use a computer — but only their own computer.

Ed Summers develops tech for the blind as a manager of accessibility and applied assistive technology. SAS INSTITUTE

"It's different that it was 15, even just 10 years ago."
Ed Summers

Yet the new tech might eliminate the need for things such as a braille display, which transcribes electronic text onto what looks like a keyboard with a strip of braille that moves. That thing costs anywhere from $1,220 to $5,000.

Summer's current research focuses on making academic and scientific tools, such as infographics, analytics and mathematical instruments, accessible to blind students and professionals.

With the help of a team of about 70 blind researchers, Finnish software developer Ilkka Pirttimaa has been perfecting an app called Blindsquare. It's essentially a GPS device, tour guide and travel agent for the blind in one program that harnesses the power of regular headphone controls. It accesses data from bus schedules to museum hours, gives a spatial description of destinations and combines it with the social restaurant platform Foursquare so users know exactly what is around them that will fit their needs.

"One youth told me it gives him a superpower over his sighted friends, who don't know what is behind the wall," Pirttimaa said.

Here's how to treat thyroid disorders naturally

WRITTEN BY
Amy Smith

For a whopping 27 million people, thyroid dysfunction majorly impairs quality of life. Weight gain, hair loss and premature aging can seriously affect our self-esteem and outlook. The secondary problem is that many patients make one critical mistake on their road to recovery—they treat the symptoms, not the root cause of the issue.

Enter Functional Medicine, a holistic approach to health and wellness that addresses the underlying causes of disease in addition to the symptoms. This strategy opens the door to safe, effective and lasting results that are driven by a whole-body, holistic view of healthcare. Functional Medicine is deeply connected to the understanding that, in many cases, the body has the built-in ability to heal itself.

"Functional Medicine must be the future of our healthcare," says Certified Functional Medicine Practitioner Dr. Rick Dunlap, founder of InSight Health & Wellness in Center City. "As healthcare practitioners, we must seek out and address the cause(s) of a condition, and not merely chase after symptoms."

Dr. Dunlap is hosting a much-anticipated free thyroid dysfunction seminar on April 20 to share his professional insights. The event, titled *Thyroid Dysfunction: The Modern Triggers & Natural Solutions*, will take place at the Sofitel Hotel at 120 S.17th Street in Center City at 6:30 p.m. and will highlight the natural relationship between Functional Medicine and thyroid disorders.

Thyroid issues can be a source of mystery for many health professionals, more so when the patient is feeling foggy and fatigued despite normal lab results. The lack of answers can be frustrating to patients, who only want to feel like themselves again. What many patients don't realize is that these diseases can actually be treated, and even reversed, in a completely natural and holistic way.

"At my seminar you will learn firsthand the multiple aspects of thyroid dysfunction and, more importantly, gain an understanding of the possible causes of your issues," says Dr. Dunlap.

Functional Medicine uses a multi-therapeutic approach to get to the core source of illness, contrary to the disease-centered focus of traditional medicine. With Functional Medicine, the paradigm shifts to cause-centered care, no longer focusing on the symptoms only.

InSight Health & Wellness is an innovative, forward-thinking practice that integrates holistic therapies and functional medicine to achieve overall wellness with a fresh, patient-driven philosophy. Every patient receives a tailored, individualized treatment plan. Customized therapy programs replace generic, one-size-fits-all approaches.

If you're one of the millions suffering from a thyroid disorder, now is the time to take back your life. Seating for the latest seminar is limited; reserve your spot today by visiting http://www.insightseminars.info or calling 215-564-6689.

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London Grill owner Terry Berch McNally shows a bit of her frog collection. KAITLYN MOORE

Passover and frogs: Restaurateur puts unusual spin on Seder meal

London Grill owner tells Metro about her novel idea for the Jewish holiday.

A.D. AMOROSI
@MetroPhilly
letters@metro.us

In a restaurant town populated by outsized personalities, Terry Berch McNally might be the quirkiest.

With ex-husband, chef and business partner Michael McNally, she's created a blend of fine dining and casual bar fare for more than two decades at the London Grill.

As an oddball promoter, Berch McNally helped turn the once-dilapidated Eastern State Prison into a tourist attraction, first with Fairmount Avenue Halloween events, then with her Bastille Day block party, where she plays a powder-wigged Marie Antoinette.

Her latest quirky concept has Biblical connotations as London celebrates the Passover Seder meal by referencing the plague of frogs from the Book of Exodus. She has amassed a huge collection of frog items that she'll display throughout the dinner.

What do you think it says about your personality that you dress up like a dead French queen and collect frog ephemera?

What a lead-in.
Even though all of my original intentions were about business, I hope it conveys that I'm smart, creative, entertaining and fun.

When and why did you begin collecting frog items?

I began collecting frogs from Day 1 of this restaurant, and 26 years later, am always looking for frogs. Passover is the story of the Exodus, the 10 plagues of which frogs is one and we wanted to make a good story and a fun one if we were going to introduce a Seder. As a Jewish family, I needed to incorporate the holidays at the restaurant. I'm a Jew; not religious but a Jewess all the way. So is our son. His Irish Catholic dad, chef Michael, though, is in charge of the matzo balls and gefilte fish.

You'll be displaying several hundred frog paintings, sculptures, drawings and other tchotchkes. What was the first?

A garden statue from Frank's Nursery in Cherry Hill. The rarest is a vintage "hear no evil, see no evil, speak no evil" trio.

Would you describe the frog collection as an obsession, habit or holy mission?

Definitely a holy mission. I'm an atheist, but my great-grandparents died and escaped Nazi Germany, and my parents raised me as a Jew. I'm committed to that. Everyone loves seeing the frogs here, in bits and pieces, but never before have they been exhibited en masse.

Gefilte Fish and Frogs, Monday and Tuesday Seder Dinner, London Grill, 2301 Fairmount Ave. Londongrill.com

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Jared Kushner, left, husband of Ivanka Trump, hasn't been getting along with Donald Trump's chief strategist Steve Bannon, right. GETTY IMAGES

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TRUMP'S AMERICA

WHITE HOUSE FAMILY FEUD

ELLIS HENICAN

Opinion

Ellis Henican is a seasoned observer of the nation's political and social landscape. He has appeared as a commentator on CNN, MSNBC and Fox News. He is a former columnist at Newsday. Follow him @henican

Wild-Eyed Steve hates Swamp Creature Reince. Swamp Creature Reince hates Wild-Eyed Steve. And both of them positively loathe the Know-It-All Son-in-Law. Didn't he used to be a Democrat … or maybe still is?

Yes, it's "Family Feud" time at the White House. I hope you weren't expecting that three-way peace parley to lay all the tensions to rest. These West Wing infighters are backstabbing for their political lives!

Steve Bannon's Alt-Righties, Reince Priebus' GOP Traditionalists and Jared Kushner's Blood Ties aren't playing for fast cash and snazzy prizes this time. This isn't some tribal TV game show.

At stake here is the future of the free and not-so-free world. Too bad there's no good-natured Steve Harvey to dab the bruised egos with humor and charm. This is Donald Trump's White House, where vicious internal conflict isn't just a side effect of power. It's the point.

According to the frantic leaks from Washington and Palm Beach, Trump's "creative conflict" is the managerial equivalent of dropping three poisonous snakes into a pit together then tossing in one live rat. It's impossible to predict which snake will be eating lunch today, but you can be damn certain the reptiles won't find a way to share.

If you're picking likely winners and losers, here's a tip: I wouldn't bet against Jared or his wife, Ivanka, or anyone else on the Blood Ties team. In Donald Trump's America, every day is Take Your Family to Work Day!

All signs say we should expect a White House shake-up any day now. Asked by Fox host Martha MacCallum if Wild-Eyed Steve and Swamp-Creature Reince are likely to stick around, counselor to the president Kellyanne Conway delivered far less than a ringing endorsement. "I would assume so," she shrugged. "That's up to Donald Trump. … I've heard nothing but rumors and innuendos and press reports."

This is the very same spokeswoman, don't forget, who declared that Michael Flynn, Trump's Russia-hugging national security adviser, was totally secure in his job — about 10 minutes before he was shown the door for lying to Vice President Mike Pence.

Kellyanne has played this game before. She's not making that mistake again.

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Bicyclists enjoy a sunny ride in front of Philadelphia Museum of Art. GETTY IMAGES

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RANDY LOBASSO

Perhaps the most interesting news to come out of this year's Vision Zero Philadelphia Conference in March was the city's Bike/Ped Coordinator Jeannette Brugger announcing a protected bike lane coming to 11 blocks of West Chestnut Street.

This is a project the Bicycle Coalition has been working on for six years. And there's only one hurdle left: On April 19, Philadelphia is hosting an open house at The Enterprise Center at 4548 Market St. where the public can come to learn and comment on the benefits of such a lane. From there, Councilwoman Jannie Blackwell still needs to introduce an ordinance to approve the project.

But understanding the organizing and civic work that got to this point is important. There are all sorts of moving parts — about 20 steps in all before a lane can be installed — and in spite of what you may have heard, "cynically complaining on the internet" is not one of them.

Back in 2011, former Bicycle Coalition staffer Susan Dannenberg led meetings throughout Philadelphia with neighborhood leaders, elected officials, business associations, community organizations and constituents to talk about how to make Chestnut Street safe for the residents and road users.

Dannenberg and others gave presentations, held meetings, conducted walkability audits and answered questions in West Philly neighborhoods throughout the West Chestnut Street corridor. There was a common refrain from all parties: The speeds of motor vehicles had to be reduced.

Meanwhile, the Streets Department conducted a traffic study of the street. Streets looked at the impact of putting Chestnut Street on a road diet from three lanes to two lanes and adding a parking-protected bike lane, to make sure there would be no negative impacts.

Such changes, according to the study's conclusion, would reduce speed, reduce weaving behavior and cut down on crashes.

Reducing the lane of traffic would have minimal impacts on motor vehicle travel between 34th and 45th streets. Travel time, it was found, may increase by a single minute.

Experts might call the idea of reducing lanes and adding a protected bike lane, "a no-freakin-brainer."

Now, it's important for people to show up. The city's second parking-protected bike lane will happen — if the community wants it.

The public is invited to open house at any time between 6:30 and 8 p.m. on April 19 at The Enterprise Center.

Randy LoBasso is communications manager for the Bicycle Coalition of Greater Philadelphia.

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Palm Sunday bombings of Egyptian

Islamic State claimed responsibility for the attacks, which also injured more than 100 people and occurred a week before Coptic Easter.

At least 44 people were killed in Egypt in bomb attacks at the cathedral of the Coptic Pope and another church on Palm Sunday, prompting anger and fear among Christians and leading to troop deployments and the declaration of a three-month state of emergency.

The assault is the latest on a religious minority increasingly targeted by Islamist militants, and a challenge to President Abdel Fattah al-Sisi, who has pledged to protect them as part of his campaign against extremism.

The first bombing, in Tanta, a Nile Delta city about 60 miles north of Cairo, tore through the inside of St. George Church during its Palm Sunday service, killing at least 27 people and injuring at least 78, the Ministry of Health said.

The second, a few hours later in Alexandria, hit Saint Mark's Cathedral, the historic seat of the Coptic Pope, killing 17 people, including three police officers, and injuring 48, the ministry added.

Coptic Pope Tawadros had been leading the mass at Saint Mark's Cathedral at the time of the explosion but was not injured, the Interior Ministry said.

"These acts will not harm the unity and cohesion of the people," he was later quoted as saying by state media.

Islamic State said two of its fighters wearing suicide vests carried out the attacks, and it warned of more to come.

"Crusaders and their apostate allies should know the bill between us and them is very big and they will pay it with rivers of blood from their children, god willing. Wait for us, for we will wait for you," the group said in a statement.

In a televised speech addressing the nation, Sisi declared a three-month countrywide state of emergency, subject to parliamentary approval, and called for national unity and urged the media to refrain from coverage that could be harmful.

"Deal with the issue with credibility, and responsibility and awareness," he said of the media coverage. "It's not right what I'm seeing being repeated on all of our channels, and you know this hurts Egyptians."

> *"These acts will not harm the unity and cohesion of the people."*
>
> Tawadros

Sisi also ordered troops be immediately deployed to assist police in securing vital facilities, a rare move for the general-turned-president, who as defense chief led the military's 2013 ouster of the Muslim Brotherhood's President Mohamed Mursi.

Deflecting Western criticism that he has suppressed political opposition and human rights activists since he was elected in 2014, Sisi has sought to present himself as an indispensable bulwark against terrorism in the Middle East.

"The attack...will only harden the determination (of the Egyptian people) to move forward on their trajectory to realise security, stability and comprehensive development,"

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Coptic churches kill 44

Sisi said in a statement.

President Trump, who hosted Sisi last week in his first official visit to the U.S., expressed support for a leader he has said he plans to work more closely with on fighting Islamist militants, who Sisi identifies as an existential threat.

"So sad to hear of the terrorist attack in Egypt. U.S. strongly condemns. I have great confidence that President Al Sisi will handle situation properly," Trump wrote on his official Twitter account.

Hundreds gathered outside the Tanta church shortly after the blast, some weeping and wearing black while inside, blown apart pews sat atop tiles soaked with blood.

"There was blood all over the floor and body parts scattered," a woman who was inside the church at the time of the attack said.

"There was a huge explosion in the hall. Fire and smoke filled the room and the injuries were extremely severe," another woman, Vivian Fareeg, said.

Islamic State's branch in Egypt has stepped up attacks and threats against Christians, who comprise about 10 percent of Egypt's 90 million people and are the biggest Christian minority in the Middle East.

In February, scores of Christian families and students fled Egypt's North Sinai province after a spate of targeted killings.

Those attacks followed one of the deadliest on Egypt's Christian minority, when a suicide bomber hit its largest Coptic cathedral, killing at least 25 people. Islamic State later claimed responsibility for that attack.

Islamic State has waged a low-level war against soldiers and police in Egypt's Sinai Peninsula for years but is now targeting Christians and broadening its reach into Egypt's mainland. That is a potential turning point in a country trying to prevent a provincial insurgency spiraling into wider sectarian bloodshed.

Although Copts have faced attacks by Muslim neighbors, who have burnt their homes and churches in poor rural areas, in the past, the community has felt increasingly insecure since Islamic State spread through Iraq and Syria in 2014.

"Of course we feel targeted, there was a bomb here about a week ago but it was dismantled. There's no security," said another Christian woman in Tanta in reference to an attack earlier this month near a police training center..

Wahby Lamie, one of whose nephews was killed and another injured in the Tanta blast, expressed exasperation.

"How much longer are we going to be this divided? Anyone who's different from them now is an infidel, whether they're Muslim or Christian. They see them as infidels," he said.

"How much longer are these people going to exist? And how much longer will security be this incompetent?" REUTERS

Egyptians react near a church in Alexandria after a bomb blast. GETTY IMAGES

People gather in front of the Saint George church after a bombing struck inside the church in the Nile Delta city of Tanta, Egypt on Sunday. GETTY IMAGES

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Russian computer programmer arrested in Spain

A Russian computer programmer, Pyotr Levashov, has been arrested in the Spanish city of Barcelona, a spokesman for the Russian embassy in Madrid said on Sunday.

Russian television station RT reported that Levashov was suspected of being involved in hacking attacks linked to alleged interference in last year's U.S. election.

He was arrested under a U.S. international arrest warrant, RT reported on its website, citing Spanish police.

The embassy spokesman declined to give details on the reasons for Levashov's arrest. The Spanish police and interior ministry were not available for comment.

Spanish authorities notified the embassy of Levashov's arrest on Friday, the spokesman said.

The U.S. government has formally accused Russia of hacking Democratic Party emails to help the campaign of Republican President Donald Trump. Congress is also examining links between Russia and Trump during the election campaign.

Russian officials, including President Vladimir Putin, have repeatedly denied that Russia tried to influence the election.

In January, Spanish police arrested another Russian computer programmer, whose name was given as "Lisov" and who was wanted by the United States under an international arrest warrant. REUTERS

Competitors take part in 'Mud Madness'

A man dressed as the pope jumps into a pool of mud as competitors take part in the annual McVities Mud Madness 8 km cross country run on Sunday in Portadown, Northern Ireland. The two lap race over 25 obstacles is in aid of the Marie Curie charity. GETTY IMAGES

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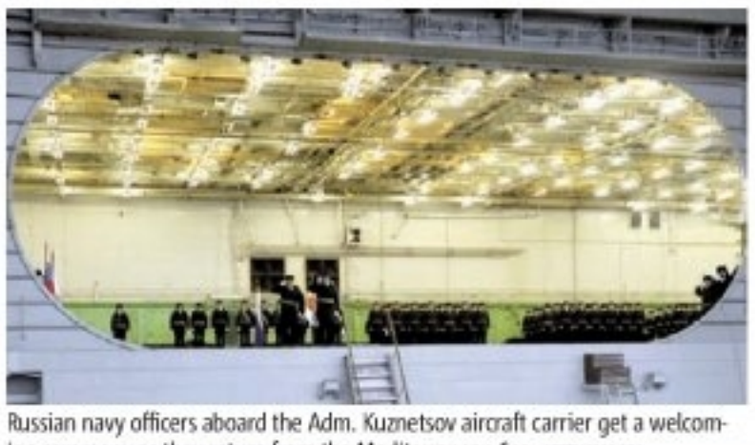
US admiral: Russian naval activity in Europe exceeds Cold War levels

Ties between Moscow and the West have been strained since Russia's annexation of the Crimea region of Ukraine in 2014.



Russian navy officers aboard the Adm. Kuznetsov aircraft carrier get a welcoming ceremony as they return from the Mediterranean Sea. GETTY IMAGES

Recent Russian naval activity in Europe exceeds levels seen during the Cold War, a top U.S. and NATO military officer said, voicing concern that the distributed nature of the deployments could end up "splitting and distracting" the transatlantic alliance.

Navy Adm. Michelle Howard, who heads NATO's Allied Joint Force Command in Naples and commands U.S. naval forces in Europe and Africa, said Russia had clearly stepped up its naval actions in recent years although the size of its navy was smaller now than during the Cold War era.

"We're seeing activity that we didn't even see when it was the Soviet Union. It's precedential activity," Howard told Reuters in an interview late on Saturday during a missile defense conference.

Howard cited a wide range of activities, including Russia's deployment of its Adm. Kuznetsov aircraft carrier to the Mediterranean, increased patrols in the north Atlantic and Arctic region, significant out-of-area submarine deployments and submarine movement in the Black Sea.

"They're a global navy, I understand that. But the activity in this theater has substantially moved up in the last couple of years," Howard said.

She said there was a danger that members of the NATO alliance would focus on the area of interest closest to them, while losing sight of Russian activities in other areas.

"When … you think about what happens when they move forces around, you look at the alliance and they end up splitting and distracting the view of the alliance," she said.

Howard said the Russian naval maneuvers had been matched by increased persistent cyber attacks by Moscow, and a steady number of unprofessional "fly bys" by Russian aircraft of U.S. and other allied vessels at sea.

NATO has built up physical forces in Poland and the Baltic states to build up a deterrent and underscore the strength of the alliance. REUTERS

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McMaster: Movement of US Navy strike group a reaction to N. Korea

The aircraft carrier USS Carl Vinson GETTY IMAGES

A U.S. decision to move a Navy strike group toward the Korean Peninsula is a "prudent" reaction to a pattern of provocative behavior from North Korea, White House national security adviser H.R. McMaster said on Sunday.

President Donald Trump will review options to remove the threat posed by North Korea's nuclear arsenal, McMaster told Fox News Sunday, adding that Chinese President Xi Jinping agreed with Trump last week that the situation is unacceptable.

"It's prudent to do it, isn't it?" McMaster said, when asked why the Navy strike group Carl Vinson, whose flagship is a nuclear-powered aircraft carrier of that name, will make its way toward the Korean peninsula from Singapore as a show of force.

"This is a rogue regime that is now a nuclear-capable regime, and President Xi and President Trump agreed that that is unacceptable, that what must happen is the denuclearization of the Korean Peninsula."
McMaster

Reuters was the first to report the deployment on Saturday.

"This is a rogue regime that is now a nuclear-capable regime, and President Xi and President Trump agreed that that is unacceptable, that what must happen is the denuclearization of the Korean Peninsula," McMaster said.

North Korean officials, including leader Kim Jong Un, have repeatedly indicated an intercontinental ballistic missile test or something similar could be coming, possibly as soon as April 15, the 105th birthday of North Korea's founding president and celebrated annually as "the Day of the Sun."

Pyongyang tested a liquid-fueled Scud missile this month. REUTERS

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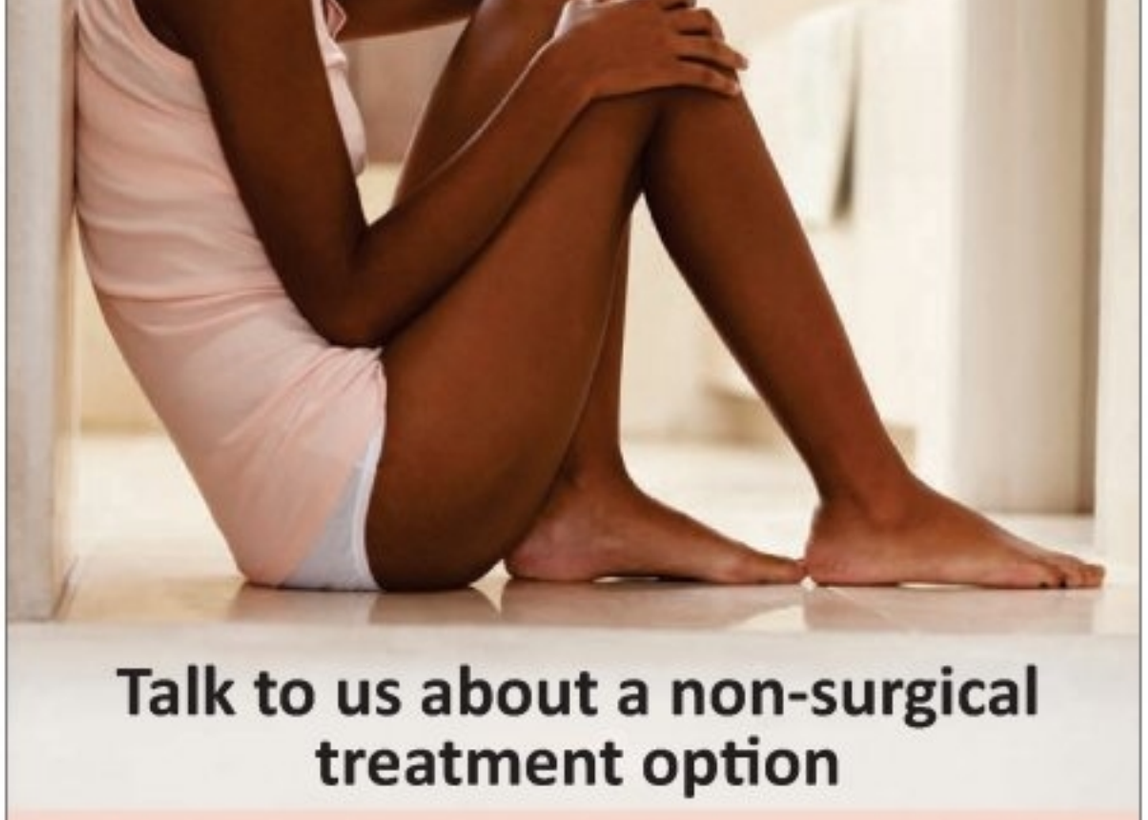

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Janet Jackson splits from latest husband

ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

Janet Jackson and her husband, Wissam Al Mana, have split after five years of marriage. Sigh.

According to Page Six, Al Mana reportedly was a supercontrolling dude prone to reclusiveness. No thanks! "She thought he had become too controlling during the pregnancy and she had already allowed him to dictate her appearance and even the way she performed at concerts," shared a source close to the couple.

Al Mana also made her stop doing videos featuring any bumping or grinding — and if you know anything about Janet Freakin' Jackson, she's all about the bumping, and also the grinding. It's kind of her specialty.

The couple welcomed their son, Eissa Al Mana, in January. But they soon learned what every teenager on "Teen Mom" has learned — a baby doesn't really solve your problems.

No word yet on whether Jackson will seek spousal or child support, and this is a bummer.

J-Lo and A-Rod try exclusivity on for size

INSTAGRAM/@JLO

Jennifer Lopez and Alex Rodriguez are both exclusive and 12 percent closer to being outright Instagram official, and I can't even.

On Saturday, J to the L-O posted an Instagram picture of her and, we're all assuming Rodriguez at this point, cuddling on the couch with matching white sneakers on.

Which begs the question: Who hangs out on a couch with their sneakers on? Are you guys animals?

US Weekly reports that although the pair is only three months into their relationship, the two are already getting serious. "They've been talking about the future and, of course marriage has come up," a source says. Too soon! Seriously. It's too soon.

Lopez has apparently already introduced A-Rod to her mother, Guadalupe. Rodriguez described the relationship in detail on "The View," in short, simple sentences, calling the 47-year-old things like "incredible mother," "great daughter" and "very simple person." I bet he reads a lot of Dr. Seuss! That's not an insult. Dr. Seuss is lit.

Spring has sprung, love is in the air, this romance is one for the ages, etc.

Kendall Jenner is a little worried about Pepsi backlash

Kendall Jenner is reportedly "devastated" and "traumatized" over the Pepsi commercial backlash. LOL.

The 21-year-old returned to L.A. from Paris on Friday night and apparently she's worried about the future of her career.

A source tells Hollywood Life that the young model had really high hopes for the commercial, which again, what? "Now she's terrified she will never work again or become a laughing stock." The source continued, "The world sees her as this glamorous, sophisticated, jet-setting woman, but she's only 21 and she's very sensitive." It is this writer's humble opinion that only 21-year-olds and their similarly aged cohorts would go so far as to describe themselves as "glamorous" and/or "jet-setting" with no hint of irony.

Apparently, the response to the Pepsi ad has been painful and embarrassing for Jenner, which it should be. Everyone who was involved in this tone-deaf fiasco should be suffering crippling pain and embarrassment. It's 2017. Perhaps it's time to learn from our mistakes, yeah?

Chrissy Teigen did something very nice

Chrissy Teigen — who continues to exhibit signs of relative normalcy despite being a rich AF model married to John Legend — did something really nice for a fan the other day.

Mercedes Edney started a crowdfunding campaign online to pay for beauty school. And according to E! News, Teigen donated the remaining $5,600 of the almost $6,000 she requested on Friday. "I've seen this be your passion for such a long time now," Teigen wrote to Edney. "So excited to see you fulfill your dream!"

So you're telling me Chrissy Teigen — an extreme babe who is passionate about fatty foods, hanging out with her mom and being an open book about postpartum depression and falling asleep during Casey Affleck's Oscar speech — also is a freakin' Good Samaritan with a heart of gold?

Enough is enough, Chrissy. What, are you trying to make us all love you? Because it's working.

Celebs we wish were still a thing

Last week, Chris Evans and Jenny Slate — who have both recently spent a lot of time talking fondly about their relationship — reunited for the first time since their breakup. The very attractive, very unlikely couple separated because, in the end, they were too different.

Even though they're probably not playing a giant prank on us, even though they are probably not secretly together and laughing at all of us, the gullible people, behind our backs, I kind of wish they were. And they're not the only ones.

For a look at our favorite couples we wish were still together, head to Metro.us/entertainment. Do us all a favor and reconsider, would you?

Julia Michaels makes solo debut with 'Issues'

The 23-year-old composer behind your favorite pop songs now has one of her own.

LUCIA HERNANDEZ
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Pop songwriter Julia Michaels now has her own hit single with "Issues." GETTY

Julia Michaels made a name for herself as one of the most-sought-after pop composers, collaborating with Justin Tranter to co-write hits from Justin Bieber's "Sorry," to Selena Gomez's "Good For You," Hailee Steinfeld's "Love Myself" and more.

Now with the release of her debut single and video, "Issues," the 23-year-old singer is poised for her first major success as a solo artist.

Michaels chats with Metro about her experience as a hit songwriter and the issues she has had to overcome in her transition from behind-the-scenes to the spotlight.

What made you decide it was time to sing your own songs?

I discovered that I was very good at hiding behind people, and sometimes when you do that you forget that you have a voice, and it is very easy to lose yourself. When I wrote "Issues," I felt that I had finally found my voice.

Is there a song you've written for another artist that you wish you had performed?

No. I'm a songwriter; that's what I do and it's about giving away my "babies." If someone sings the song with the passion with which I wrote it, that is rewarding enough for me.

You recently debuted on live television with Jimmy Fallon. How was that experience?

It was incredible!. Whenever I sing in front of an audience I get very nervous, but Jimmy Fallon and my musicians were very supportive and affectionate, they really made getting on that stage much easier, so the whole experience was wonderful.

What's next for you?

In May I put out my EP [tentatively titled "Nervous System"]. And then my next performance will be on April 29 at the Radio Disney Music Awards.

GETTY

What are some "issues" that you would like to overcome?

All of the ones from the song! I'm very insecure, jealous. There are many things that I would like to overcome, but I also know that over time I will mature.

How do you feel about the success from the song and video?

I feel great. I am very happy that people have connected with "Issues" and feel moved to listen to it and even talk to me about it. For me, it is amazing to receive messages every day from people around the world telling me that they love the song.

Does any particular tweet or message stand out?

Yes. In fact, recently I did a contest on my social networks where I asked my followers to comment with the issues they struggle with in their day-to-day lives and how they have overcome them. Some of the comments were so honest that it was wonderful to read them, because it is interesting to see how many people suffer from anxiety and depression every day. The anxiety part I understood perfectly, because it is something that I have dealt with for a long time.

Which artists influence you?

I admire a lot of the people I've worked with and a lot of the artists I've grown up with, like Fiona Apple and Alanis Morissette.

Do you spend more of your time writing or singing?

No doubt I spend more time writing. I think all the hours of my day go into writing.

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Malin Akerman is tired of being

In "The Ticket," now on VOD, Malin Akerman (with Oliver Platt) plays a woman whose blind husband (Dan Stevens) regains his sight. SHOUT! FACTORY

The actress talks about moving from comedy to TV and more serious fare like "The Ticket."

MATT PRIGGE
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Malin Akerman has a few complaints about "Hamilton." Not many, but a few.

"I loved it, but I did think it was a little bit too long," the actress confesses. "But you do get to drink alcohol in the theater, so that makes it much better." She stresses again that she adored it, though she did have other carps. "I wished the female characters had a little more oomph. There's a song one of the women did that's incredible. The music is so cool and different — and then the women come in and it's traditional Broadway songs.

"Again, I loved it," she adds.

Akerman has been thinking a lot recently about strong female characters. When the Swedish-born actress first crashed Hollywood, she was often cast primarily for her looks: in "The Skulls," in "Harold and Kumar Go to White Castle." Playing Laurie Jupiter in "Watchmen" gave her more meat than usual, but she was still largely stuck playing attractive characters. Over the last few years, she found herself ditching blockbusters to focus on TV and indies, where the roles are great for both genders.

That includes "The Ticket," a drama about a blind man, James (Dan Stevens), who's suddenly given the gift of sight. Finally allowed to see, he finds himself drifting away from his wife, Sam (Akerman), and taking up with another woman

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just a pretty face

(Kerry Bishe). The film is a mood piece, with beautiful cinematography and a dream-like feel. But Akerman still felt it made time for characters. That includes Sam.

"I love any characters who struggle with real issues like that — just like in real life. I thought it would interesting to work with a character who has a real arc," says Akerman. Then she adds with a laugh and a sarcastic shrug, "What a concept, right?"

GETTY

Akerman doesn't find these kinds of roles in the big movies. "I'm not going to bite the hand that feeds me, because I'm so appreciative," says Akerman. "But I really love independent films because they're so different. They don't have a formula they need to follow. It doesn't have to be a Marvel comic. It's almost like the movies that we see in big theaters are the movies that get Botox. Everything's so perfect. These are the ones that actually represent human beings."

TV Party

The dearth of interesting roles in big movies is why so many, like Akerman, have turned to TV. Akerman is on Showtime's "Billions," with Paul Giamatti and Damian Lewis. She's done TV before, but it's the first show to last more than one season. (It's recently been renewed for a third.)

The shift into more complex, serious roles has also meant largely abandoning comedy. Akerman has done her share of those: "The Proposal," "Couples Retreat," "Wanderlust." But it's not her favorite genre.

"The stuff I watch is not comedy. I watch a lot of foreign films. The TV I watch is 'Breaking Bad' and 'House of Cards.' I felt like I should be doing what I love watching," Akerman explains. Her career shift came when she gave birth to her son.

"Having a child shifts your whole universe. It felt like I had a whole new well of feelings and emotions that I could tap into after having a child. I was ready to strip any kind of mask off. This feels like a more authentic place to go at this point. I just have to follow my feelings. I was craving a little more substance in my work."

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What we know about the Philadelphia

The Core Project led by Frank Gehry has officially begun.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

The Philadelphia Museum of Art attracts more than 800,000 visitors from around the world each year, with its esteemed collection of 240,000 objects that span the past 4,000 years. Works from impressionists like Monet, Renoir and Degas make up the permanent collection, as well as pieces from American artists like Thomas Eakins and Charles Wilson Peale.

The landmark building opened in 1928 but the museum's beginnings date back to the Centennial Exhibition of 1876, when Memorial Hall was built to display art.

Now it's time for a makeover, and world-renowned architect Frank Gehry is leading the Facilities Master Project. Initially kicking off renovations in 2006, the Philadelphia Museum of Art is now officially entering phase two with The Core Project.

But what kind of changes can we expect?

Here is a breakdown:

Vaulted Walkway

2 A brand new staircase

At the center of The Forum will be a new staircase connecting the 640-foot Vaulted Walkway to the above floors. There will also be new elevators.

North Entrance

1 The creation of The Forum

The auditorium will be removed to open up a west-east axis from Lenfest Hall to the East Entrance to make room for The Forum. It will be a multilevel public space below the Great Stair Hall.

Here's an overhead look at The Forum. ALL PHOTOS PROVIDED

3 The North Entrance will be reopened

Facing Kelly Drive and the Perelman Building is the North Entrance, which features a stately lobby and connects to The Vaulted Walkway, opening up a north-south axis leading to The Forum.

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Aging In Place - Bathroom Updates
We asked our Bath Experts provide answers to a few of our most frequently asked questions about Bath Safety. A topic of concern with baby boomers.

"My husband was diagnosed with a long term illness. What safety items do you offer? We want to convert from a tub to a shower now, before his illness progresses."
- Lois, Collegeville, PA

We offer showers that have a low "curb" option so if you use a wheelchair or walker, you can easily get in the shower and walk-in tubs with an in-swinging or out-swinging door. Safety grab bars, handheld adjustable and removable shower heads, non-slip textured shower floor, and shower seats are also among our safety features.

"Next Month I am having my hip replaced. Can you really redo my bathroom in just one day? I have been told it takes almost a month."
- Fred, Abington, PA

YES, we do shower and tub area conversions in one day. A traditional tile bathroom can take several days or weeks to complete. You have to deal with removing old tiles and the debris, then prep the wall for new tile, install new tile, let the adhesive dry, grout, etc. All that can take much longer that our One Day Replacement method.

"I am almost 80 and really want to stay in my home of over 30 years. What changes do you suggest I make now so I can continue to bathe safely in the future?"
- Susan & Barry, Norristown, PA

Most of us will experience mobility issues as we get older. It's good to think ahead and make changes now that will make life easier in the years to come. We can change your existing tub into an easy-access shower or walk-in tub with safety features like grab bars, a shower seat, handheld, adjustable shower head and a non-slip textured bottom.

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Museum of Art expansion

4 Classrooms added

There will be new classrooms and art studios added with digital projection amenities.

Here's what the new classrooms will look like.

American Galleries

5 More gallery space

About 23,000 square feet of new gallery space will be added in the current building to display American and contemporary art.

6 Improvements in infrastructure

Plans will be implemented to enhance energy efficiency as well as improve information systems security systems and more.

Tenfest Hall

West Entrance

7 Make the museum more accessible

Ramps will be added at various points inside and outside to make the museum ADA-compliant and more accessible to people with disabilities.

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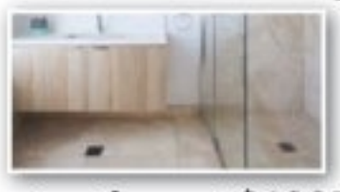

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MEREDITH ORLANDINI
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On Saturday, April 22, runners, doughnut eaters and dog lovers alike are congregating on the beautiful and historic grounds of The Woodlands for the new Couch or 5K run. Those running will loop through the 54 acres of The Woodlands on the west bank of the Schuylkill River.

Co-hosted by the Home Run collective and The Woodlands, the event will also round up the funding, via entry fees and donations, for the establishment of My Dog First. This will be the sister organization to My Dog Is My Home, dedicated to providing safer spaces for the homeless and any animals they might own.

"This event will help us begin My Dog Is My Home's presence in Philly

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by supporting a pet-food pantry and servicing for homeless people and their pets," says Kevin Roche, one of the four people putting on the Couch or 5K event. Attendees are also encouraged to bring nonperishable dog or cat items that will help stock the pet pantry.

Not only will participants get to show their loyal support to local animal organizations, but they can also enjoy a sweet treat or two themselves. The generous sponsorship by Dottie's Donuts, Green Line Cafe and Lehigh Valley Apparel Creations help make this event possible, and you can expect to find their goodies in the lounge. Whether you're running or cheering, you can enjoy the bottomless coffee, deliciously vegan doughnuts and one-of-a-kind T-shirts designed by local artist Justin Gray. And what tops the cake? Dogs are invited, too!

The event's lounge opens at 9 a.m. and will stay open until after the race as a place for the runners to catch their breath and refuel on the comfy couches.

If you go

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Noelia I Colon P421
Anthony McCorey Q522
Jorge Clauvio S714
Juan Alberto Davila T156
Jose Santiago T188
Tyrone A Moore JR T198
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Lilly Singh on conquering your career

Lilly Singh is superwoman of the internet GETTY IMAGES

Tip No. 5: F*** the rules.

SARA FEINSTEIN
@SaraBFeinstein
sara.feinstein@metro.us

Better known by her alias, "Superwoman," Lilly Singh has a good reason to claim such a name. The 28-year-old star and recent author of the book, "How to Be a Bawse" has made a wildly successful career for herself, garnering over 11 million subscribers and 2 billion views on her YouTube channel and raking in $2.5 million dollars annually. She even outdoes the iconic superhero herself, coming up as the first search on Google.

But Singh wasn't always a "bawse." Getting to that sweet spot took time, and she had to work— hard.

Thankfully, she's not shy about doling out advice (and who wouldn't take tips from someone who's found a way to collaborate with Dwayne Johnson and slip in time for tea with Michelle Obama?).

We spoke with Singh about how to become our own super humans and take our careers to the next level:

In your new book, you suggest that people map out their visions if they want to truly conquer life. How does that work?

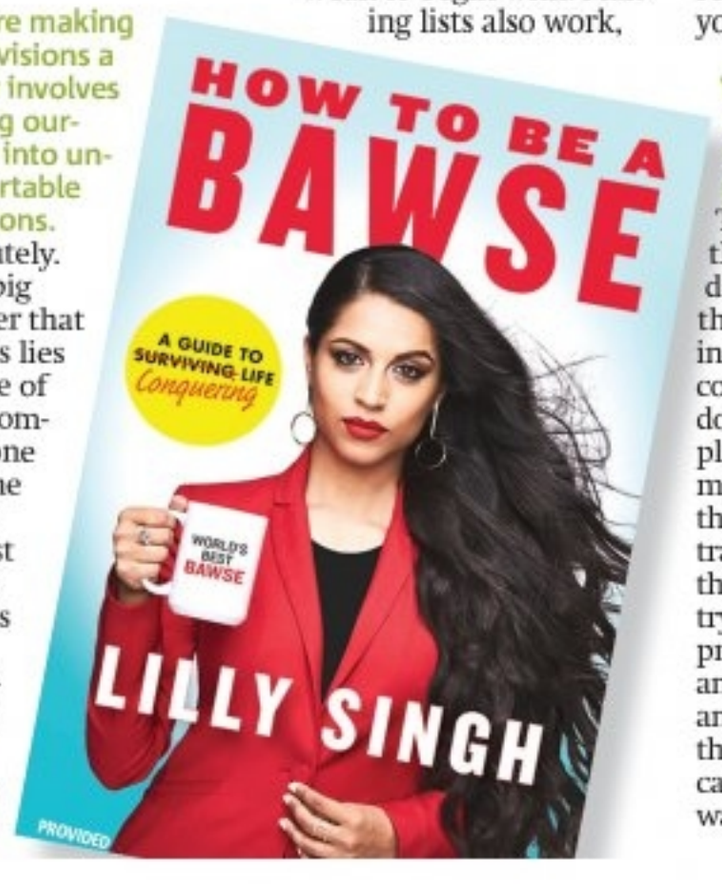
A lot of people know that to be successful you have to work hard, but a lot of people that work really hard don't really know what the end goal is. Making a vision board is a great way to know what you're working towards. On my vision board I have people I'd like to work with, so Dwayne Johnson is on there, Selena Gomez is on there. I also have places I want to visit or passion projects I want to start, charities I want to donate to — so just anything you aspire to do.

I'm sure making these visions a reality involves putting ourselves into uncomfortable situations.

Absolutely. I'm a big believer that success lies outside of your comfort zone and one of the hardest things to do is to be Wwilling to fail. Sometimes you just have to count to three and throw yourself into something you're nervous about doing, because the next time you do it, you'll be a little less nervous, and the next time, you'll be slightly less nervous. It's all just part of the process.

What about FOMO? What happens when that little voice in our head is telling us to procrastinate or go out and party with our friends instead of getting to work?

How I've kind of learned to deal with FOMO is by doing something I really love, so that FOMO is weak to begin with. Making lists also work, so every time FOMO wins and you do something to procrastinate, you write it on your list. And you have another list, one for every time you overcome FOMO and decide not go to that party or not binge watch Netflix and you accomplish something. So by the end of two weeks or a month you have two lists: one where you beat FOMO and one where you didn't and you see all of results that came from that decision. When you analyze those lists you'll be able to see which one means more to you, and hopefully that will be your reminder the next time you want to slack off.



You're also a strong believer in breaking the rules to get where you want in life.

There are certain rules that people should definitely follow or the world would be in chaos, but when it comes to business, you don't always have to play by the rules. With my career, I've broken the mold of how people traditionally get through the entertainment industry. A great way to f*** protocol is to be creative and make your own path and sometimes break the rules so that you can make the magic you want to make.

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A nurse midwife's job doesn't stop at childbirth. Not only do they manage all stages of a woman's pregnancy — from start to finish — but they also help women and families plan for parenthood.

We spoke with Tina Johnson, the interim director of midwifery practice, education and global outreach at the American College of Nurse-Midwives to find out more about this expanding field.

What does a nurse midwife do?

Midwives serve as primary health-care providers to women throughout the lifespan of their pregnancy, says Johnson. "This means [they] perform physical exams, prescribe medications, order laboratory tests as needed, provide prenatal care, gynecological care, labor and birth care, as well as health education and counseling to women of all ages," she explains.

And their all-encompassing role certainly has its benefits. In general, "women, children, and families have better lives because of the work of certified nurse-midwives," says Johnson.

What schooling do you need to become a nurse midwife?

Nurse-midwives typically begin their careers as registered nurses after completing a bachelor's of science in nursing. After that, they need to get into a midwifery program accredited by the Accreditation Commission for Midwifery Education and receive their graduate degree, which leads to the last step: passing the American Midwifery Certification Board (AMCB) exam to become certified to practice as a nurse-midwife.

What's the typical salary for a nurse midwife?

The median annual salary for nurse-midwife was $102,390 in 2016, according to the most recent reports by the Bureau of Labor Statistics. The best paid in the profession make $142,510 annually, while the lowest-paid make $66,660.

Is this a promising field to enter at the moment?

"Given the current workforce shortages for primary care, midwifery and OB/GYN services nationwide, now is a great time to pursue a career in midwifery," says Johnson, adding that over 40 percent of all U.S. counties have no maternity-care providers (physicians or midwives). "Nurse-midwives are highly skilled and can help to fill these access gaps."

> The Bureau of Labor Statistics reports that the profession is projected to grow 31 percent from 2014 to 2024, much faster than the average for all occupations.

Even better, the Bureau of Labor Statistics reports that the profession is projected to grow 31 percent from 2014 to 2024, much faster than the average for all occupations.

The pros

"Nurse-midwives have the privilege of working in a variety of settings including private practices, hospitals, birth centers, health clinics, and home-birth services," says Johnson. But that's only a small chunk of the benefits. "It's the individual client care that is the hallmark of midwifery that really makes the profession so rewarding," she explains, noting that midwives have the ability to improve access to high quality, optimal health outcomes for women and families.

There is also ample opportunity for professional growth and research, interdisciplinary practice and the ability to shift the culture of birth toward a more holistic focus on supporting healthy, physiologic birth and wellness, she explains. "And, since birth affects 100 percent of all people, there will always be a need for the care that midwives can so skillfully provide."

The cons

The main drawback of the occupation is the fact that states and communities are not using midwifery care to its full potential, says Johnson. "There still remain barriers to practice in some areas due to prohibitive state regulations, inadequate reimbursement and insurance coverage, and hospital credentialing issues."

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Rupp's biggest adjustment won't be noticeable at first glance

The Phillies backstop is gunning to maintain his starting catching duties for the long term.

KYLE PHILLIPPI
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Cameron Rupp is looking to lock down a starting job at catcher in Philly. GETTY IMAGES

Cameron Rupp wants to do whatever he can to cement his status as the catcher of the Phillies moving forward.

His .252 average, 54 RBIs and 26 doubles in his first season with 100-plus games was a good start for the 28-year-old. Yet, he knows there's much more to be done if he wants to hold off the young talent behind, including his current backup, 25-year-old Andrew Knapp.

And so does management, which is why both Rupp and Pete Mackanin spoke "at length" after the 2016 season about the other side of the game — the mental preparation.

"We've hammered it home with him that he's got to do more and I think he's bought in," Mackanin said. "I think he enjoys and looks forward to being a little smarter behind the plate."

On the baseball diamond, a catcher is somewhat like the quarterback of a football team. He's the one responsible for relaying the signals, making sure everyone is lined up in the right spot and above all else, knowing the situation and what to do in a blink of an eye.

Rupp has spent a good portion of his career hitting his way through the minors, driving in 40-plus runs in three consecutive seasons in which he averaged just north of 90 games a year. He's proven to swing a good stick at the major league level, as well, but he's more aware and willing now to truly amplify his game.

That starts well before the first pitch. How much work does he put in watching film, looking over the numbers and chatting with his pitchers?

"There's never a time limit," Rupp said with a chuckle. "It's whatever it takes to get the job done."

That's exactly what Mackanin and the rest of the staff wants to hear.

One of the underlying tidbits about Rupp and his newfound approach in preparation is the origins of it. It wasn't as simple as the coaches telling him to intensify his pregame work; it actually spawned from A.J. Ellis, who played in only 11 games with the Phillies last year.

A 10-year veteran, Ellis approached each game like nothing that Mackanin has seen before. Longtime Phillies backstop, and Rupp's predecessor, Carlos Ruiz was one of the smartest guys behind the plate, but not even he put in preparation work like Ellis.

Seeing that was what changed things for Mackanin and Rupp.

"Ellis took it to another level," Mackanin said. "He took it deeper in preparation and we looked at the way he prepares for a game, got together with Rupp and now Rupp kind of inherited that way of doing things. It seems to me from what I've observed he's made a good adjustment and put more time into his preparation."

Between the prep work he's putting in and having a year under his belt, Rupp is feeling more confident than ever.

"You learn the hitters a little bit more, and I take what [Ellis] taught me, having a gameplan with your pitcher … you want to make the adjustment before the hitter does," Rupp said.

All of this preparation and studying should make Rupp a much-more well-rounded catcher, and it also should help limit the scene of Mackanin and pitching coach Bob McClure tossing their arms up in the air after a missed call.

Mackanin is most excited for having less stress, for now.

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Curtin on a scorching hot seat after latest loss

The Union haven't won a game outright since last August.

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Jim Curtin and the Union are 0-9-4 since their last win, back on Aug. 27, 2016. GETTY IMAGES

In all too familiar fashion, boos bellowed from the Sons of Ben section Saturday night as the winless Union (0-3-2) walked off the pitch in an embarrassing 3-1 loss to the Portland Timbers (4-1-1).

The Union haven't won a game since Aug. 27 of last year. They're a combined 0-9-4 in that time and fans are calling for another coaching change for the franchise. Coach Jim Curtin took to the podium to address this issue following the loss on Saturday night.

"That's natural," Curtin said, responding to a potential coaching change. "When you lose games, that's part of it. I don't hide from that and I'm not a guy who doesn't understand that there's pressure in pro sports. Our players recognize that, I recognize that and I feel that. I'm not scared of it because I still believe in the team and the group. You can put it on me, that's fine. I take the blame. People are going to have their opinions and they're entitled to them."

The Union are now a far cry away from all of the excitement of their hot start last season. The Union rode an eight-match unbeaten streak (3-0-5) from April 23 to June 1 which had them atop the Eastern Conference rankings. The Union currently sit dead last in the MLS with their five-match winless streak to start the season.

"We seem to be getting punished for mistakes," Union defender Oguchi Onyewu said. "But to this point we haven't been punishing our adversaries when they make mistakes. We haven't been scoring. When we have our opportunities we don't take advantage of them and that's ultimately the name of the game. … Right now it's the moment for each individual person within the organization to take a look in the mirror and dig deep down to find the answer within themselves."

The Union's previous coach, John Hackworth, was fired back in 2014 — finishing with a 23-30-20 (46 percent winning percentage) overall record. Curtin currently holds a 28-39-22 (winning percentage of 42) overall record since and is riding the longest winless streak of his tenure as coach.

Curtin may be facing his final audition in two must-win home games against New York City FC (2-2-1) and the also winless Montreal Impact (0-2-3) in the team's next two games.

"The only way you get out of this is to win a game," Curtin said. "That's the only way you silence the noise. … We'll stick together. We have a great group, a great staff, a great group of players and we're going to fight."

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FANTASY BASEBALL: BIG INJURIES TAKE PLACE ALREADY, A LOOK AT REPLACEMENTS

It was a tough weekend for many fantasy owners, as Trea Turner, Gary Sanchez, and Garrett Richards all went down with injuries. Sanchez and Richards have already been placed on the disabled list with biceps strains, while Turner is day-to-day with a strained hamstring. Richards is expected to miss only one start – remember that the minimum stint on the DL has been reduced to 10 days this year – and Turner may avoid missing more than a couple of games. There is no timetable for Sanchez's return at present.

Fortunately, there are some solid short-term replacements for each player currently available on the waiver wire in a majority of Yahoo leagues.

KYLE BISHOP

OPINION

Kyle Bishop is a lead MLB columnist at RotoBaller.com. His articles and Fantasy Baseball Rankings are your secret weapon for winning fantasy leagues.

Catcher: Stephen Vogt, Oakland Athletics

Vogt isn't flashy, but he has some pop in his bat and plays more often than most catchers do. He also currently slots in the fifth spot in the A's lineup, which puts him in position for plenty of RBI opportunities. The veteran hit .277/.320/.442 in the first half of last season before slumping down the stretch, suggesting he might have hit a wall. You won't have to worry about that this early in the year, which makes him a fine option to fill in for Sanchez.

Second Base: Yangervis Solarte, San Diego Padres

Since the 2015 All-Star break, Solarte has quietly been an excellent hitter. In 663 plate appearances — roughly the equivalent of a full season — he's hit .297 with 21 home runs, 89 runs, and 89 RBIs. He plays for a bad team in a pitcher's park, but he hits in the middle of the order and is eligible at both second and third base. Solarte is off to a strong start in 2017, with a pair of multi-hit games and seven RBI through Saturday's action. He won't help you replace Turner's speed, but can contribute everywhere else.

Outfield: Chris Owings, Arizona Diamondbacks

3.37

THE CAREER ERA FOR ST. LOUIS PITCHER LANCE LYNN

If you were using Turner in the outfield, Owings could be a better fit as a short-term replacement. He won the starting shortstop job with a strong showing this spring, and has been solid so far, hitting .333 with a pair of stolen bases. Spring stats don't mean much, but Owings showed some mechanical tweaks to his swing — namely, the addition of a leg kick — that could help him tap into a bit more pop. He's been penciled in to the leadoff or No. 2 spot in the order in the majority of games so far, and swiped 21 bags as a part-time player a year ago.

Starting Pitcher: Lance Lynn, St. Louis Cardinals

Lynn missed the entire 2016 season while recovering from Tommy John surgery, but he's a full 18 months removed from the procedure. He certainly didn't look rusty in his first start this year, pitching 5 1/3 innings of two-run ball against the defending champion Cubs. Lynn owns a career 3.37 ERA and 8.7 K/9, and has averaged 15 wins in his four full MLB seasons as a starter.

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Arizona's Chris Owings is off to a strong start. GETTY IMAGES

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In Re: Adoption of Baby Girl Jeffries A/K/A Ellie Teresa Jeffries A/K/A Lisa Lynn Day, a minor. No. 85246 of 2017 in the Orphans Court of Berks County, Pennsylvania

To: Any Unknown John Doe, or Anyone Claiming Paternity of Baby Girl Jeffries A/K/A Ellie Teresa Jeffries A/K/A Lisa Lynn Day born on December 1, 2016. The mother of said child is Stacey L. Jeffries.

A Petition has been filed asking the Court to put an end to all rights you have to your child Baby Girl Jeffries A/K/A Ellie Teresa Jeffries A/K/A Lisa Lynn Day. The Court has set a hearing to consider ending your rights to your child. That hearing will be held in the Courtroom designated for Senior Judge Arthur Grim, Berks County Courthouse, 633 Court Street, Reading, PA 19601, on April 26, 2017 at 11:00 A.M. You have a right to attend the hearing. If you fail to attend the scheduled hearing, the Hearing will go on without you and the Court may end your rights to your child without you being present. You have a right to be represented at the Hearing by a lawyer. You should take this paper to your lawyer at once. If you do not have a lawyer, cannot afford one, go to or telephone the office set forth below to find out where you can get legal help.

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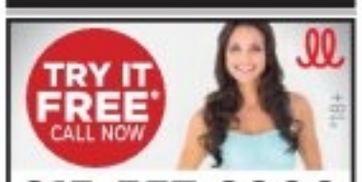
ENTERTAINMENT



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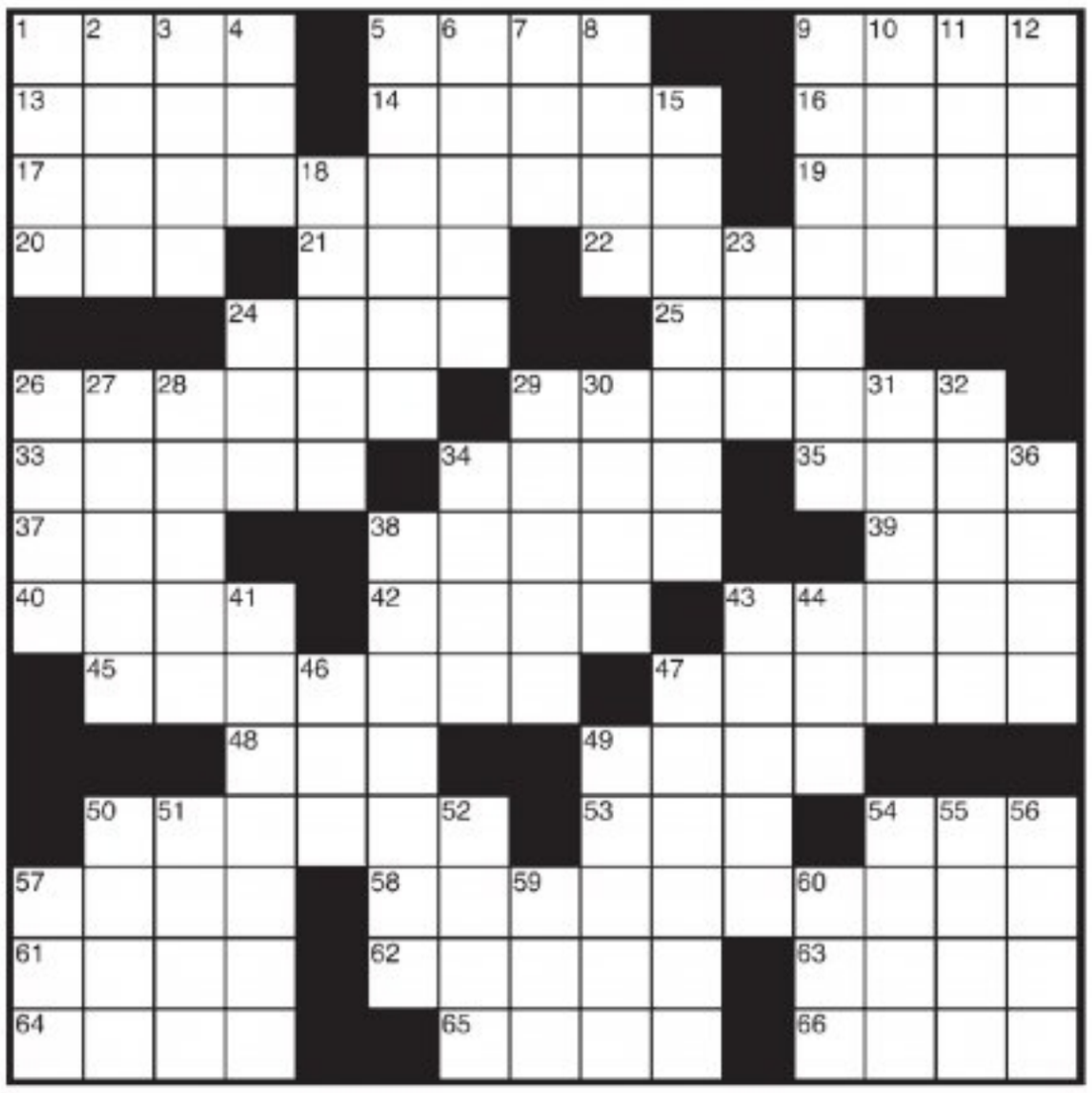
Across

1 Happy-hour letters
5 Singer -- Brickell
9 Makes a collar
13 River in France
14 -- Rica
16 State positively
17 Kooks from a Carnival? (2 wds.)
19 Peat --
20 Moose kin
21 Aykroyd or Quayle
22 Twang or drawl
24 What never to tell (2 wds.)
25 Gourmandize
26 Just as soon
29 They're classified (2 wds.)
33 Place
34 Clonk
35 -- -- move on!
37 Winery feature
38 Wildlife refuges
39 House site
40 Amateur opposites
42 Whit
43 Jet jockey
45 Strong, as feelings
47 Complaint
48 Unhatched fish
49 Woods insect
50 Farewells
53 Hwy.
54 High-tech scan
57 Goat-man
58 Got through
61 Remnant
62 Fend off
63 Lowdown joint
64 Many NYC homes
65 Climb a pole
66 Grills, maybe

Down

1 Option for Hamlet (2 wds.)
2 Barrette user
3 Ms. Dinesen
4 Hat or city
5 Cream puff
6 Metaphysical poet
7 Ames inst.
8 Wonder Woman's friend
9 Luggage attachment (2 wds.)
10 Bard's river
11 Kindest regards
12 Almost grads
15 Uses a ladder
18 Laid off
23 Purring pet
24 So!
26 Host's plea
27 Video-game pioneer
28 Wyoming range
29 Snowy
30 Atmosphere
31 Ms. Reese
32 Waited in line
34 Art colony town
36 Courtroom fig.
38 Police procedures
41 Guitar features
43 Harness-racing horse
44 Genre
46 Fair-hiring abbr.
47 Woolen item
49 Fountain in Rome
50 Senior cit. group
51 Four-handed piano piece
52 Cliques
54 Rockies, briefly
55 Smell strongly
56 Time to beware
57 D.C. vitamin monitors
59 Slangy negative
60 APB datum



metro.us/sudoku

easy

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	2	7			6	8		
			2		5			
		9	8			1	5	
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2						3		
			4		3			

hard

	1		2			4		
7					1	2		8
2		6	5					7
	2	1	3		9			
			1		4	6	2	
4					5	3		2
9		2	8					6
		5			7		8	

metro.us/horoscopes

Aries It's your actions that will count today. Don't let anyone slow you down or force you into a senseless argument. Stay focused on what's important in order to succeed.

Taurus Learn from your mistakes to avoid an awkward situation. If you compromise, others will meet you halfway. Don't make a fuss when you can make a difference.

Gemini Be broad-minded. Engage in events that will unite you with a loved one. A youngster will offer you an incentive to make positive personal change.

Cancer Stick to what works. Implementing an impulsive decision will result in discord. Aim to get along with others. An unusual solution will turn out to be less invasive.

Leo Cultivate opportunities by doing what comes naturally. Use your skills and experience to make improvements and bring about change that will help you excel.

Virgo Don't act impulsively just because someone is pressuring you. A persistent, steady pace will help you reach your destination without interference.

Libra You'll be inclined to blow situations out of proportion. Before making an impulsive move or statement, you should consider what the ramifications might entail.

Scorpio Pay close attention. Speak up if you feel someone is contradictory. Holding others accountable will help you stick to your goals and remain true to your beliefs.

Sagittarius Network with your peers to connect with someone who can offer insight into your professional opportunities. Take the information and do your own research.

Capricorn Keep one eye on the competition as you move forward. Don't feel the need to get involved in a debate or make impulsive decisions just because someone else does.

Aquarius Look for new ways to make your money grow. Put restrictions on your spending and refuse to let anyone else handle your financial matters and negotiations.

Pisces Look for reasons to help and make a difference, instead of looking for excuses to sit on the sidelines. Your contribution will be rewarded in an unusual manner. EUGENIA LAST

Yesterday's answers

T	W	I	T	■	E	G	G	E	D	■	S	A	Y	S
R	I	C	O	■	P	R	A	T	E	■	C	H	E	T
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G	E	N	E	R	O	U	S	■	■	K	U	B	L	A
■	■	■	R	O	M	P	■	D	O	N	S	■	■	■
A	L	I	A	S	■	■	C	R	I	E	S	O	U	T
V	I	S	T	A	■	R	H	I	N	E	■	S	H	E
A	B	L	E	■	S	H	A	N	K	■	B	I	A	S
I	R	E	■	S	P	O	O	K	■	A	L	E	U	T
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R	O	D	S	■	P	A	I	N	T	■	S	N	I	T
R	U	D	E	■	S	E	L	E	S	■	T	A	K	E

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